

Crawfish Etouffée Recipe



Ingredients

- 2 bell peppers (1 red, 1 green) diced
- 2 yellow onions, diced
- 1 bunch of green onions, diced
- 2 stalks of celery, chopped
- 4 cloves of garlic, chopped
- 2 sticks of butter
- 1 tbsp of your favorite Creole seasoning
- 1/3 cup flour
- 2 lbs of crawfish tail meat
- 1 cup of Zatarain's white rice
- 2 cups of seafood stock
- salt, pepper and Louisiana hot sauce to taste

Instructions

1. Heat large pan over medium heat, melt butter, and sauté veggies for 20 minutes. Add chopped garlic, sauté for 2 minutes. Add Creole seasoning, salt and pepper, and cook for an additional 5 minutes.
2. Push veggies to one side of the pan separating the liquid from the veggies. Add flour to the liquid side and incorporate with liquid before stirring in the veggies.
3. Cook on a medium/low temperature for 15 minutes, constantly moving veggies around in the pan. You need to keep stirring or the roux will burn. Add 1/2 of the stock to the roux. Cook down for 1 minute and then add the crawfish tails. Cook on medium/low heat for 2 minutes. Add remaining seafood stock.
4. Cover and let simmer on low heat for 10-15 minutes. While that's on a simmer, cook 1 cup of rice to 2 cups of water. Remove Etouffée from heat, add a few dashes of hot sauce, and serve over rice.